



How to Prevent Slips, Trips, Falls

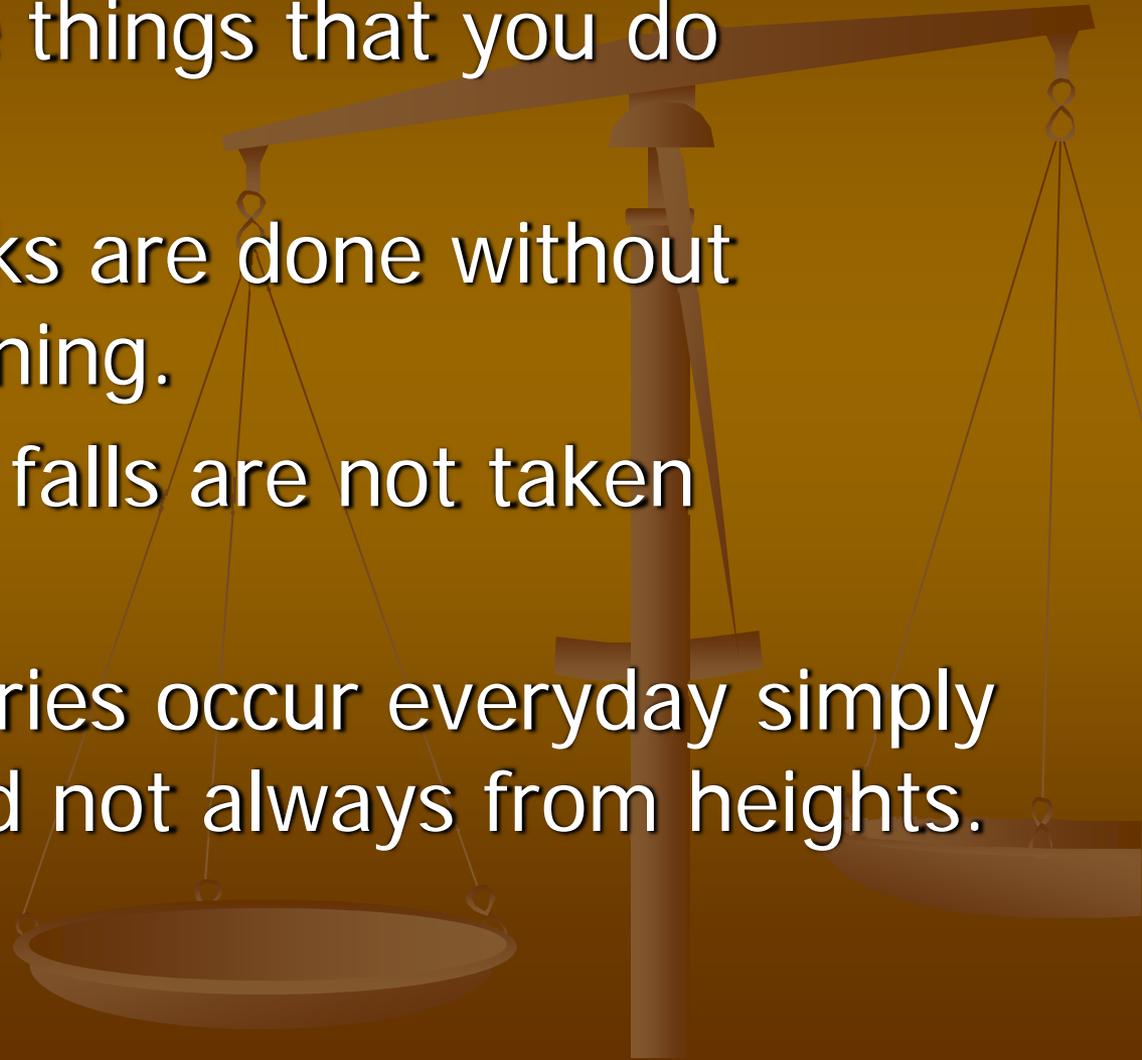
For the Employees of
Cascade County

John DeBella
Mornings

102.9 **CLASSIC ROCK**
MGK

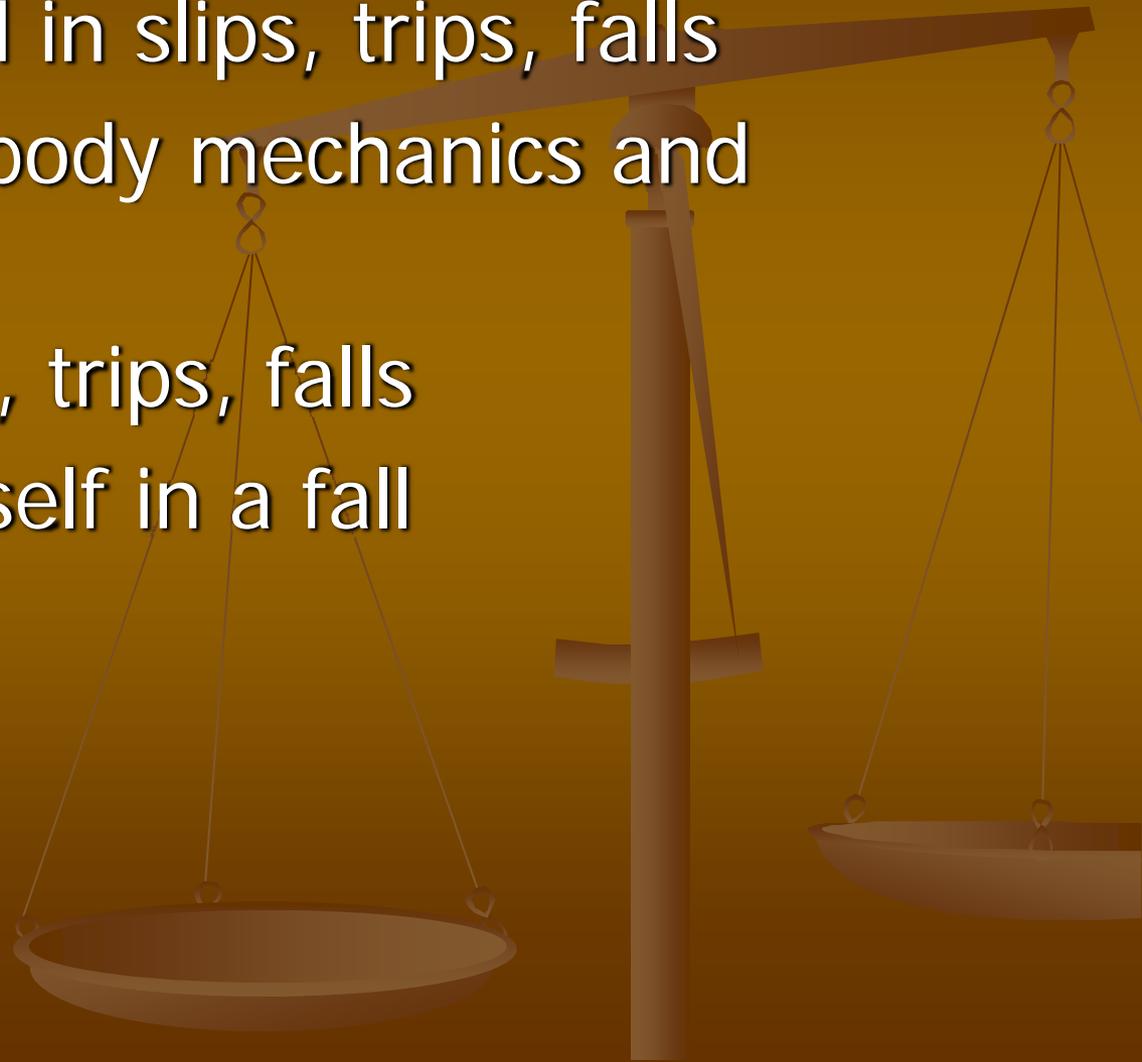
Walking is Risky Business

- Think about the things that you do frequently.
- Often these tasks are done without thought or planning.
- Slips, trips, and falls are not taken seriously.
- Debilitating injuries occur everyday simply from falling, and not always from heights.



Objectives

- Factors involved in slips, trips, falls
- Understanding body mechanics and behaviors
- Preventing slips, trips, falls
- Protecting yourself in a fall



The Factors Present

1. Person
2. Activity
3. Surface
4. Environment
5. Footwear



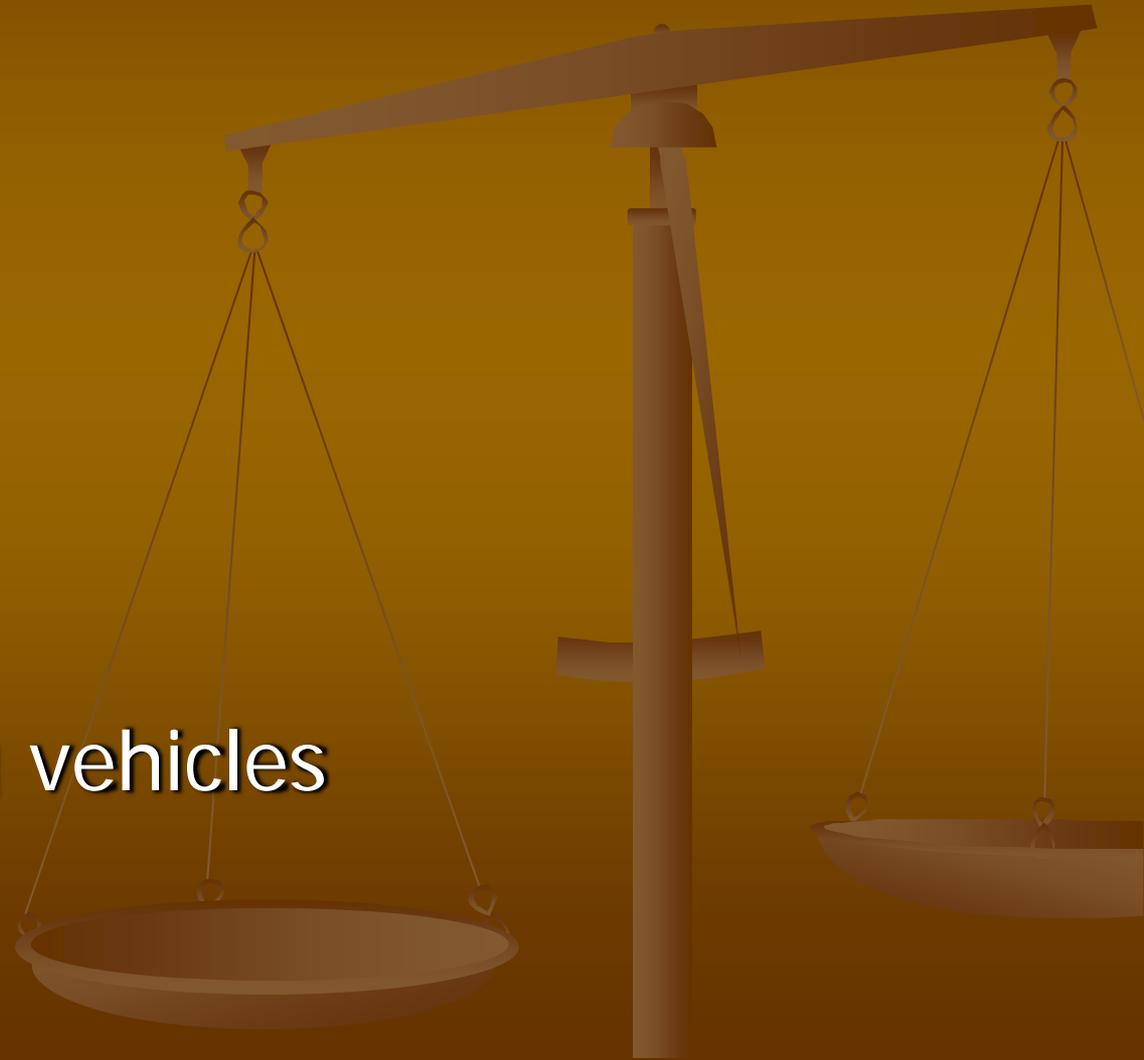
Person

- Drugs (illegal or prescribed)
- Health
- Weight
- Age
- Medical Condition
- Fatigue



Activity

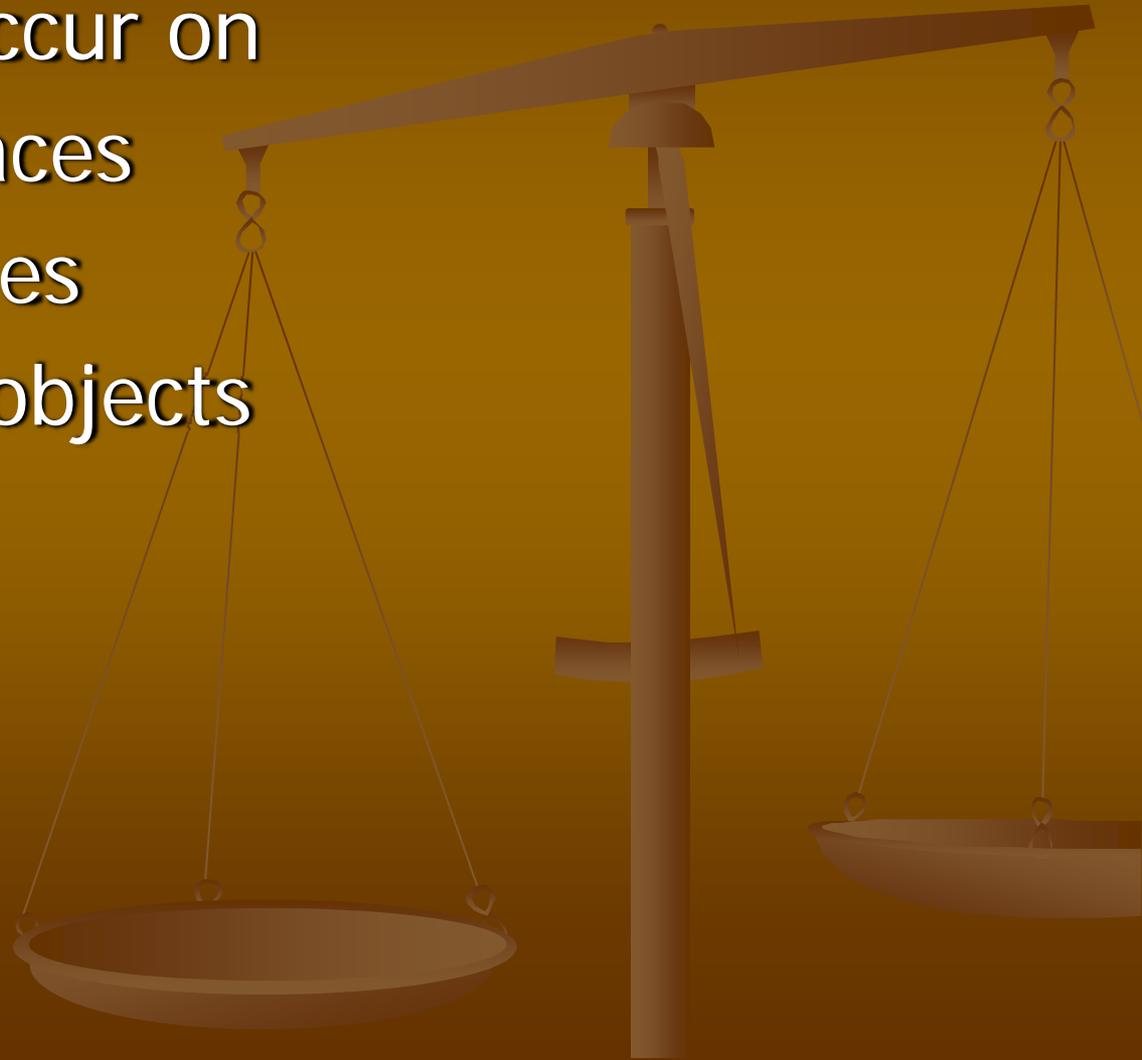
- Rushing
- Strolling
- Pushing Items
- Carrying Items
- Jumping
- Distractions
- Entering/exiting vehicles



Surface

Falls commonly occur on

- Lubricated surfaces
- Elevation changes
- Non-stationary objects



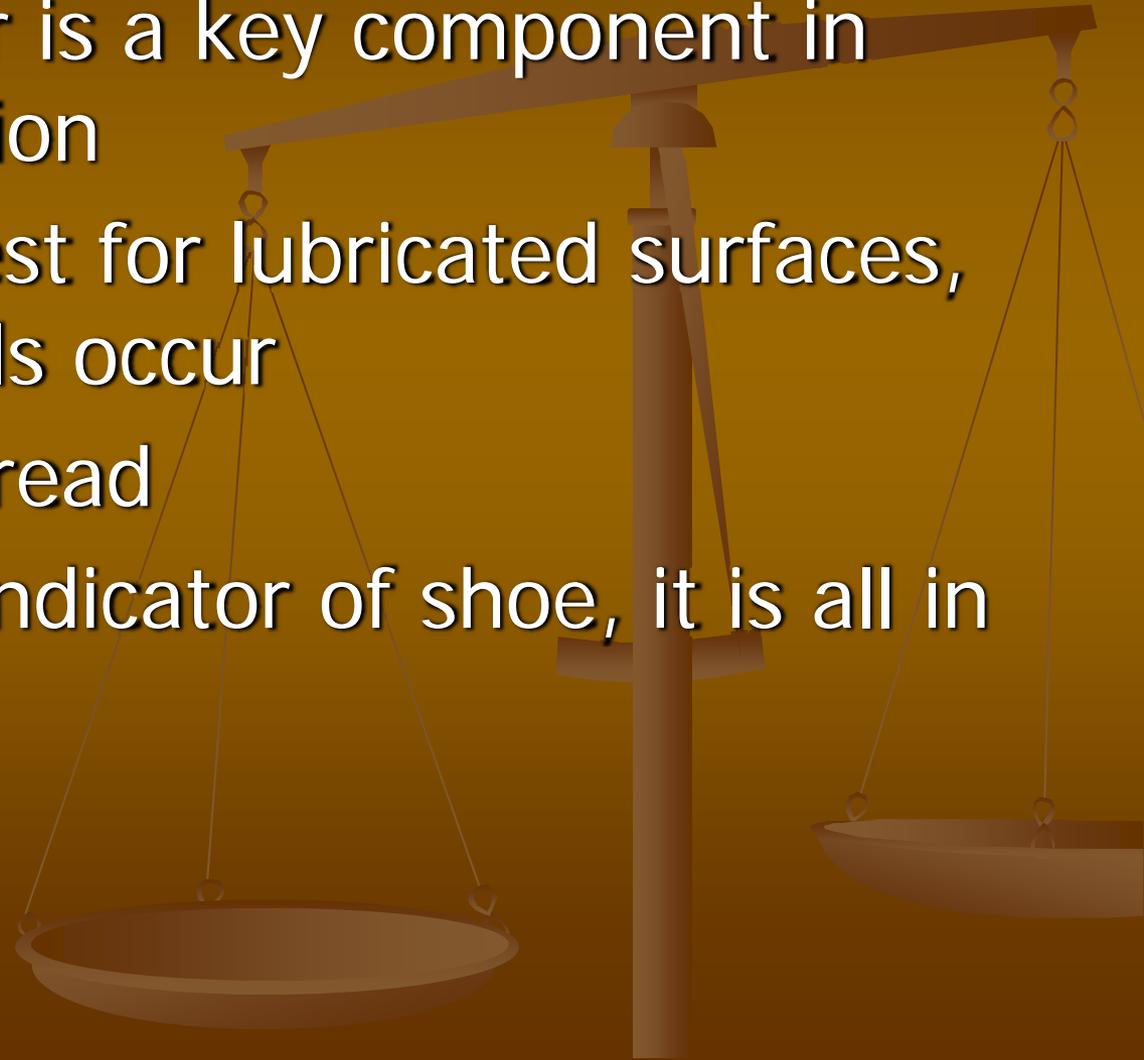
Environment

- Rain
- Ice
- Mud
- Snow
- Grease
- Spills
- Poor Housekeeping
- Poor Lighting
- Poor flooring design
- Smooth concrete
- Elevation Changes



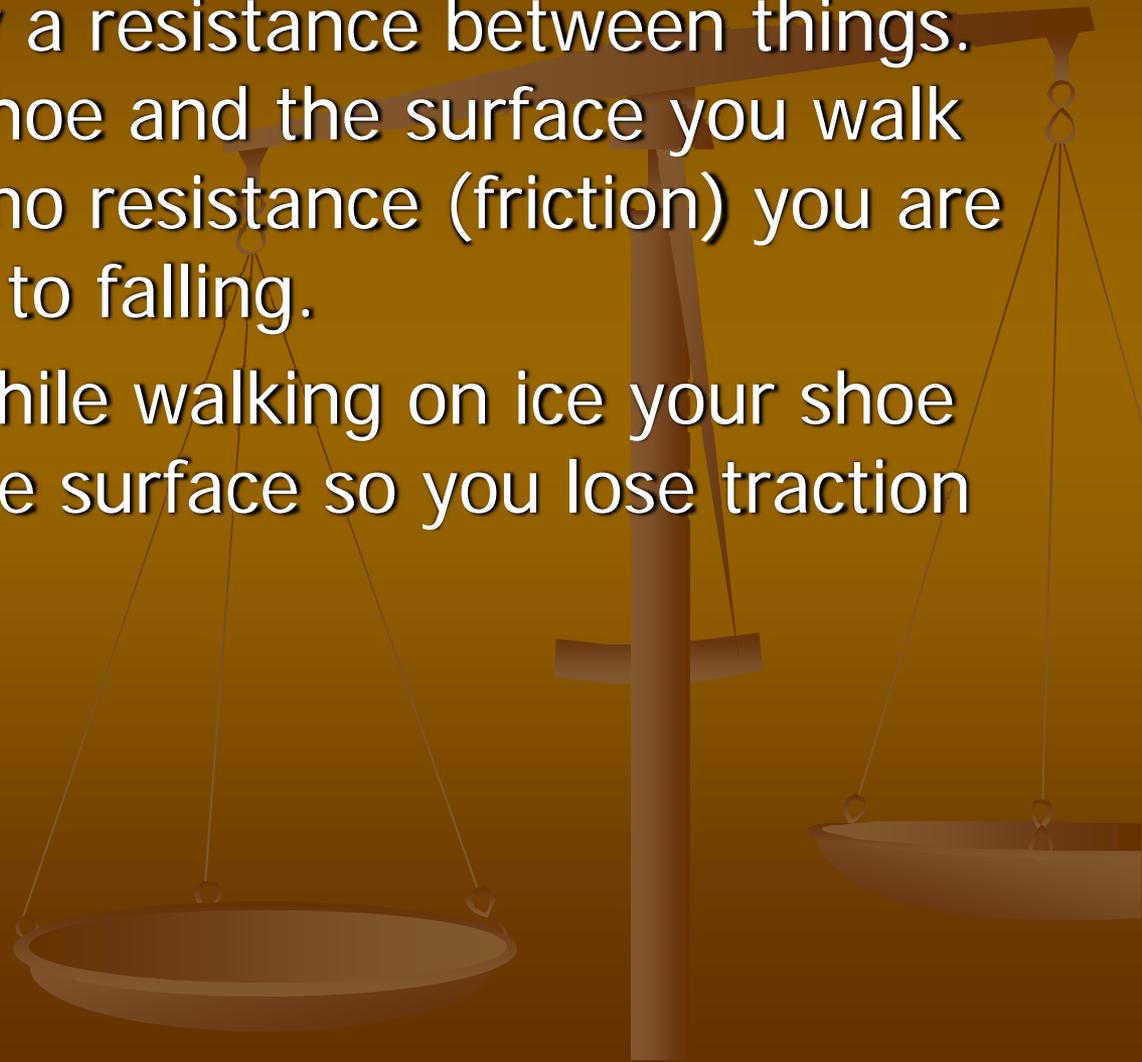
Footwear

- Proper footwear is a key component in slip/fall prevention
- Soft soling is best for lubricated surfaces, where many falls occur
- Well designed tread
- Price is not an indicator of shoe, it is all in the design



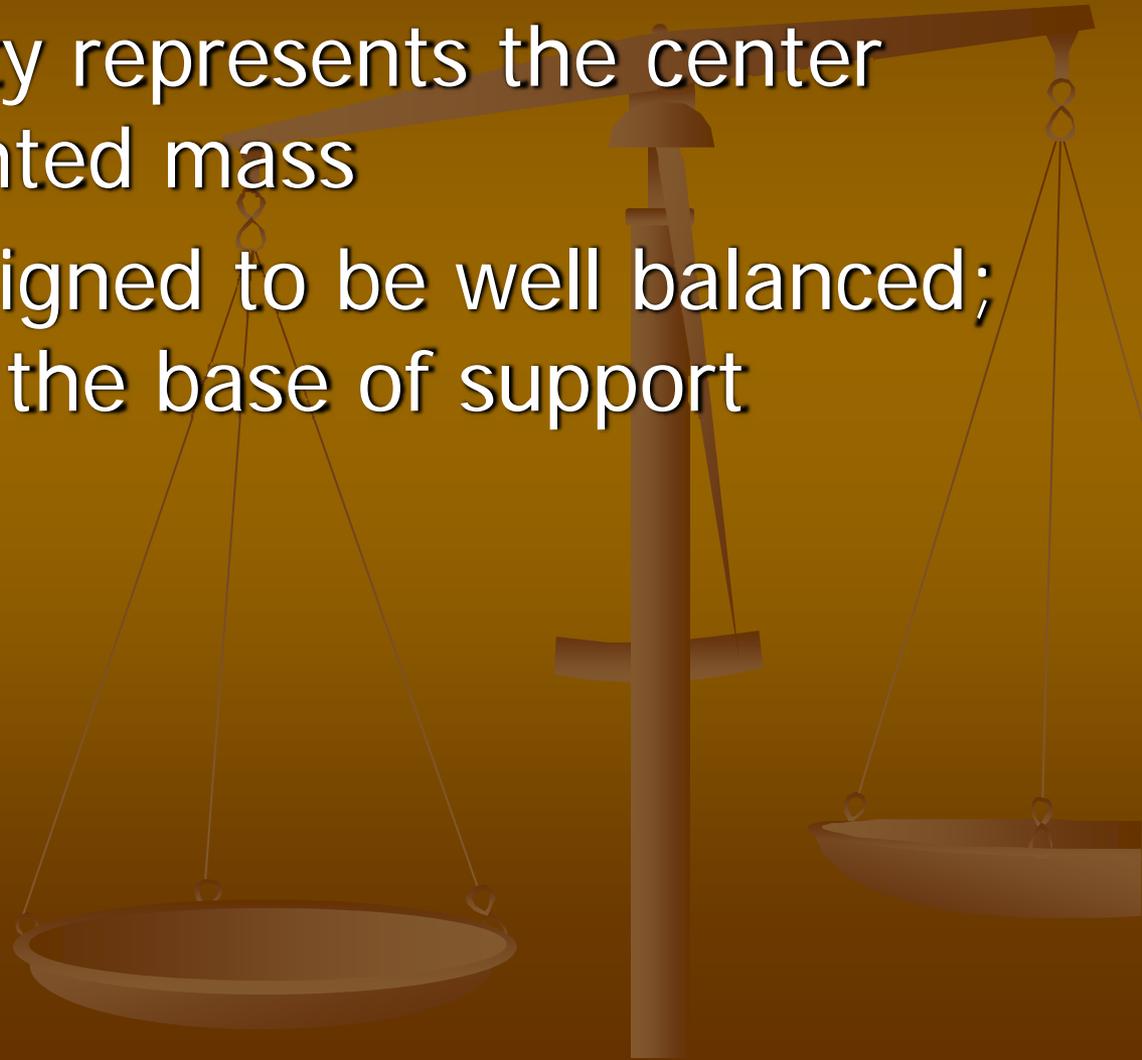
Friction

- Friction is really a resistance between things. Think of your shoe and the surface you walk on. If there is no resistance (friction) you are at a higher risk to falling.
- For example, while walking on ice your shoe may not grip the surface so you lose traction and falls

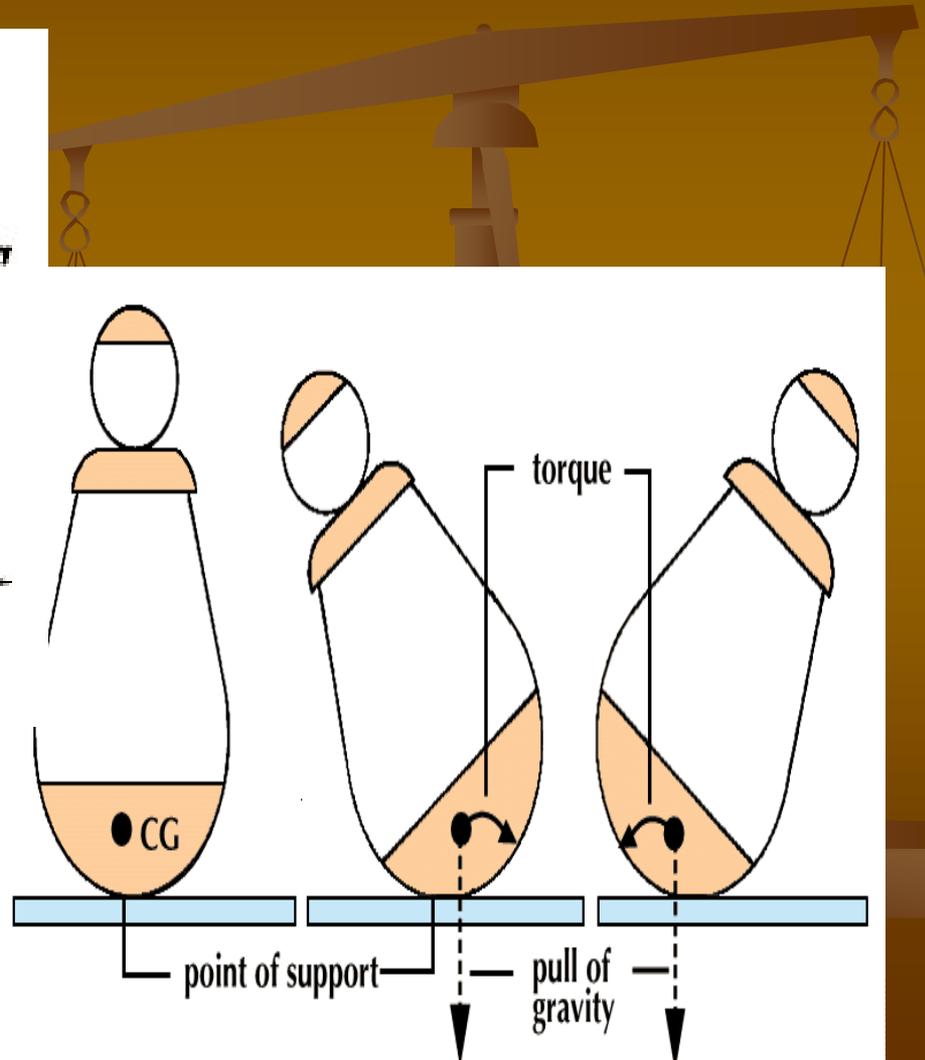
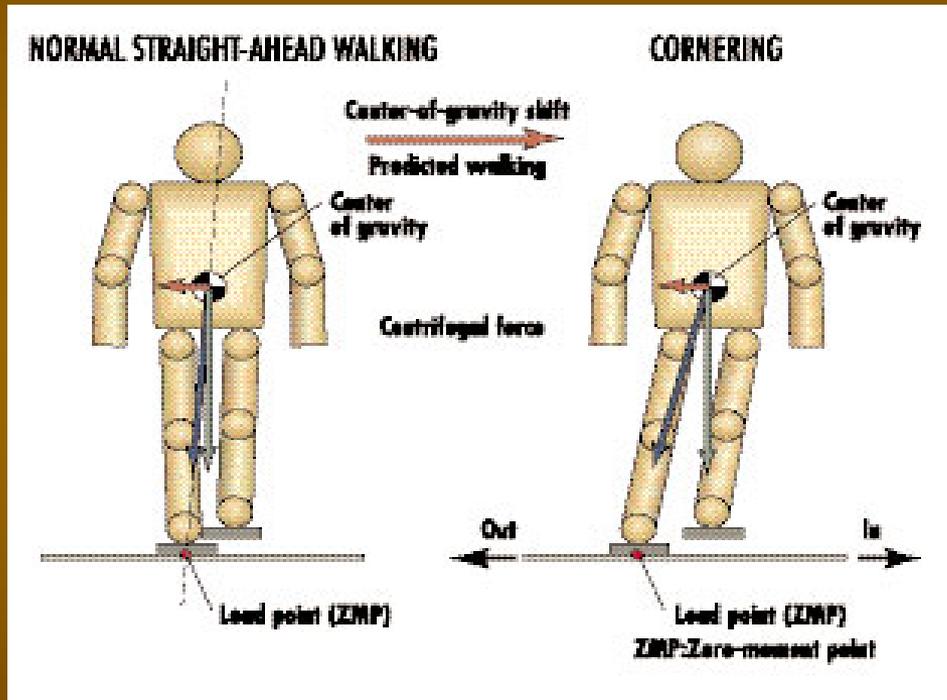


Center of Gravity

- Gravity is the force that pulls you down
- Center of Gravity represents the center point of a weighted mass
- The body is designed to be well balanced; gravity pulls on the base of support

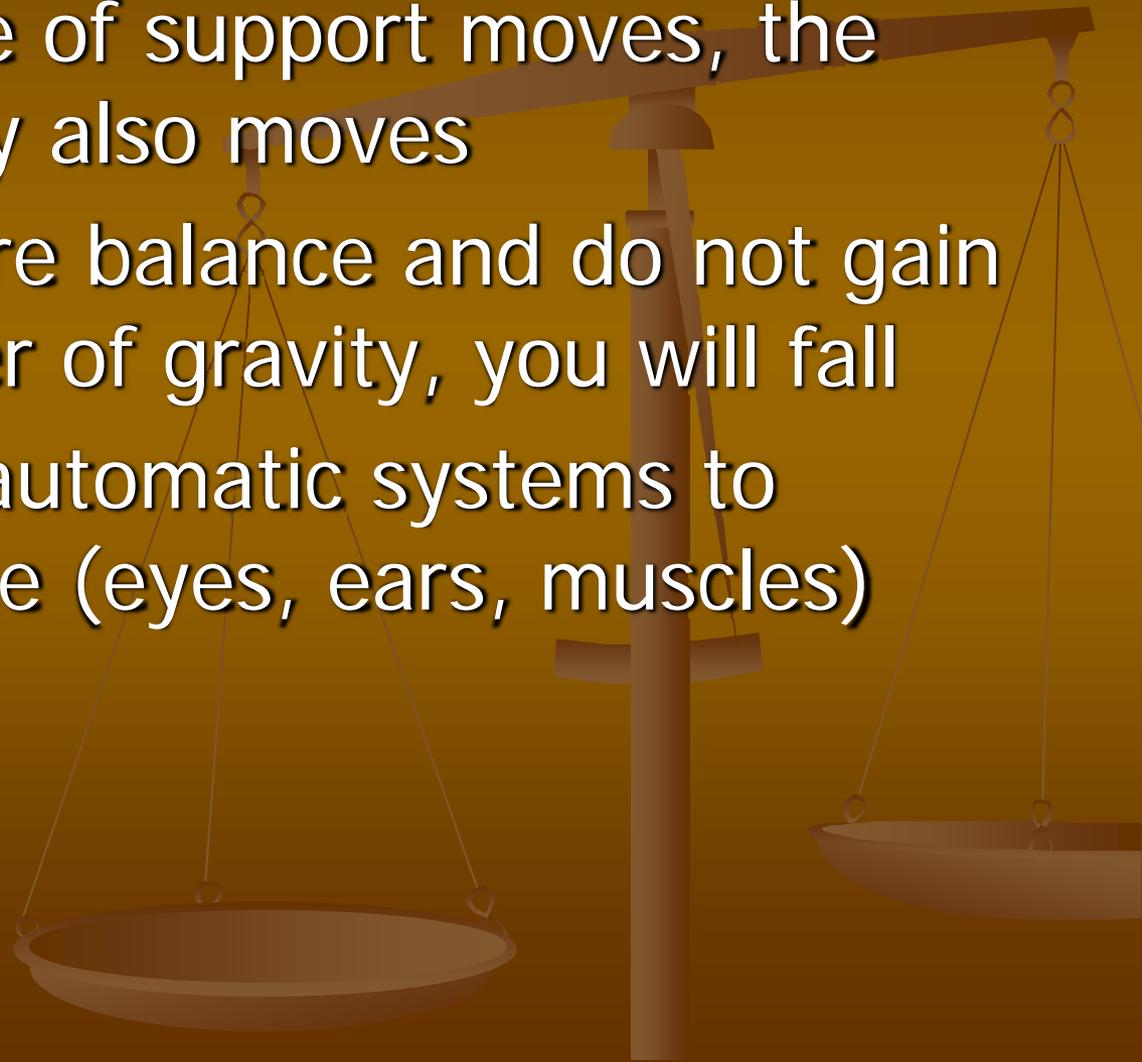


Humans vs Weebles



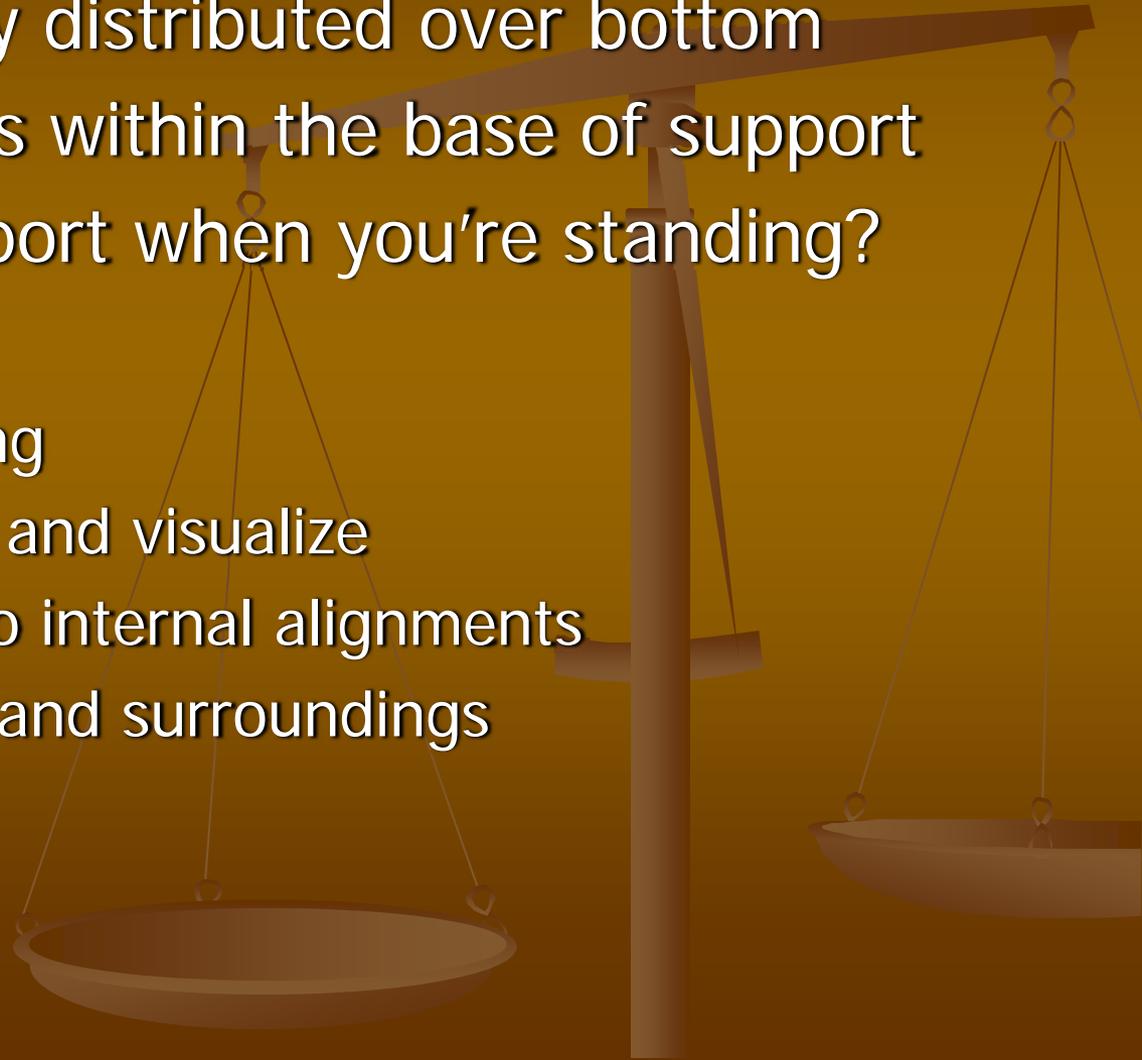
Balance

- When your base of support moves, the center of gravity also moves
- If you lose your balance and do not gain back your center of gravity, you will fall
- Your body has automatic systems to maintain balance (eyes, ears, muscles)



Controlling Center of Gravity (Balance)

- Upper body evenly distributed over bottom
- Line of gravity falls within the base of support
- Where's your support when you're standing?
 - Use feet for bracing
 - Mentally rehearse and visualize
 - Body awareness to internal alignments
 - Attention to body and surroundings
 - Strengthening



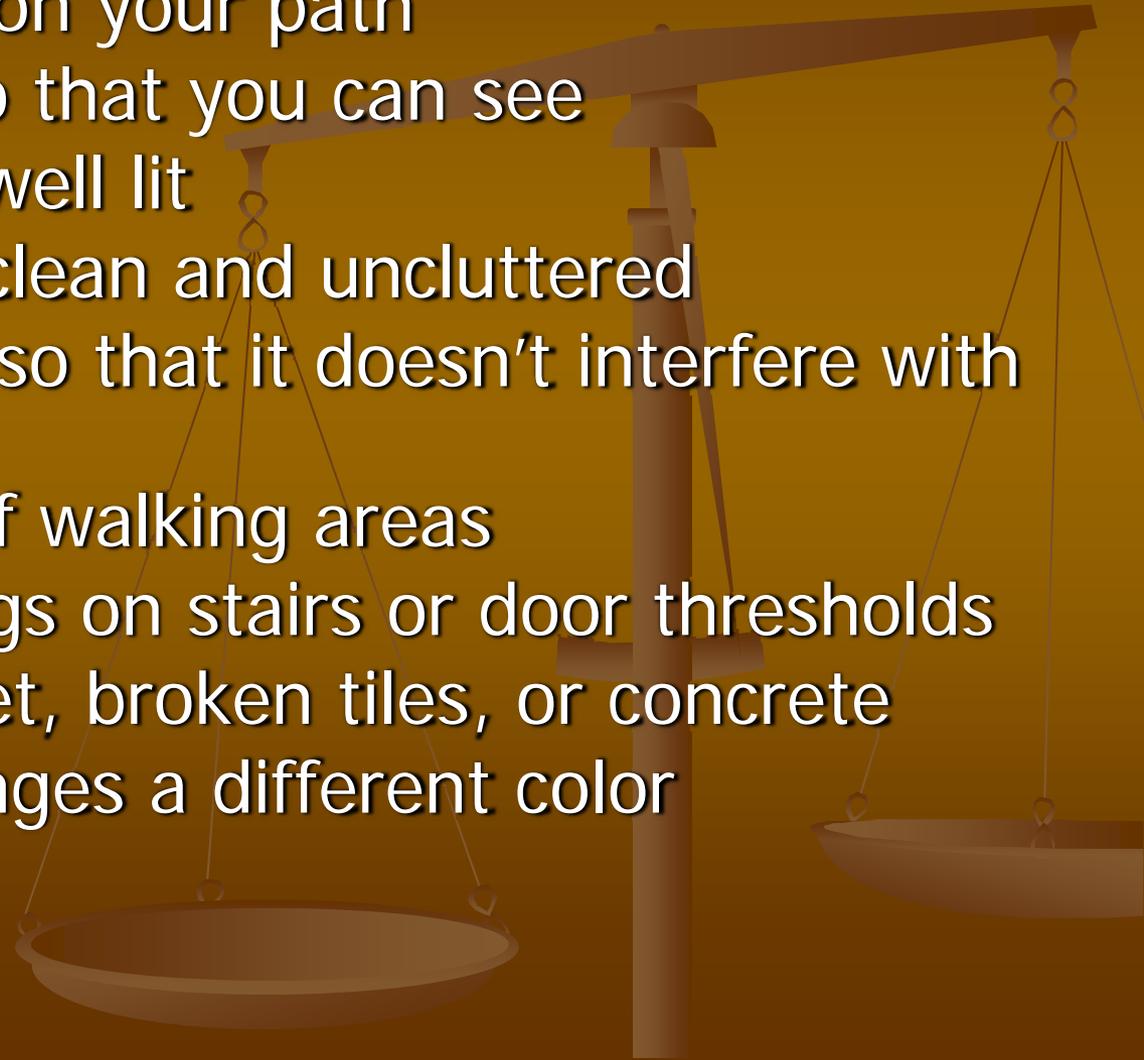
Preventing Slips

- Safe walking skills and adjust for the surface, "duck walk"
- Keep your eyes on your path
- Immediately clean up spills
- Proper footwear
- Secure throw rugs so they don't move out from under you
- Utilize bath/shower mats that do not move



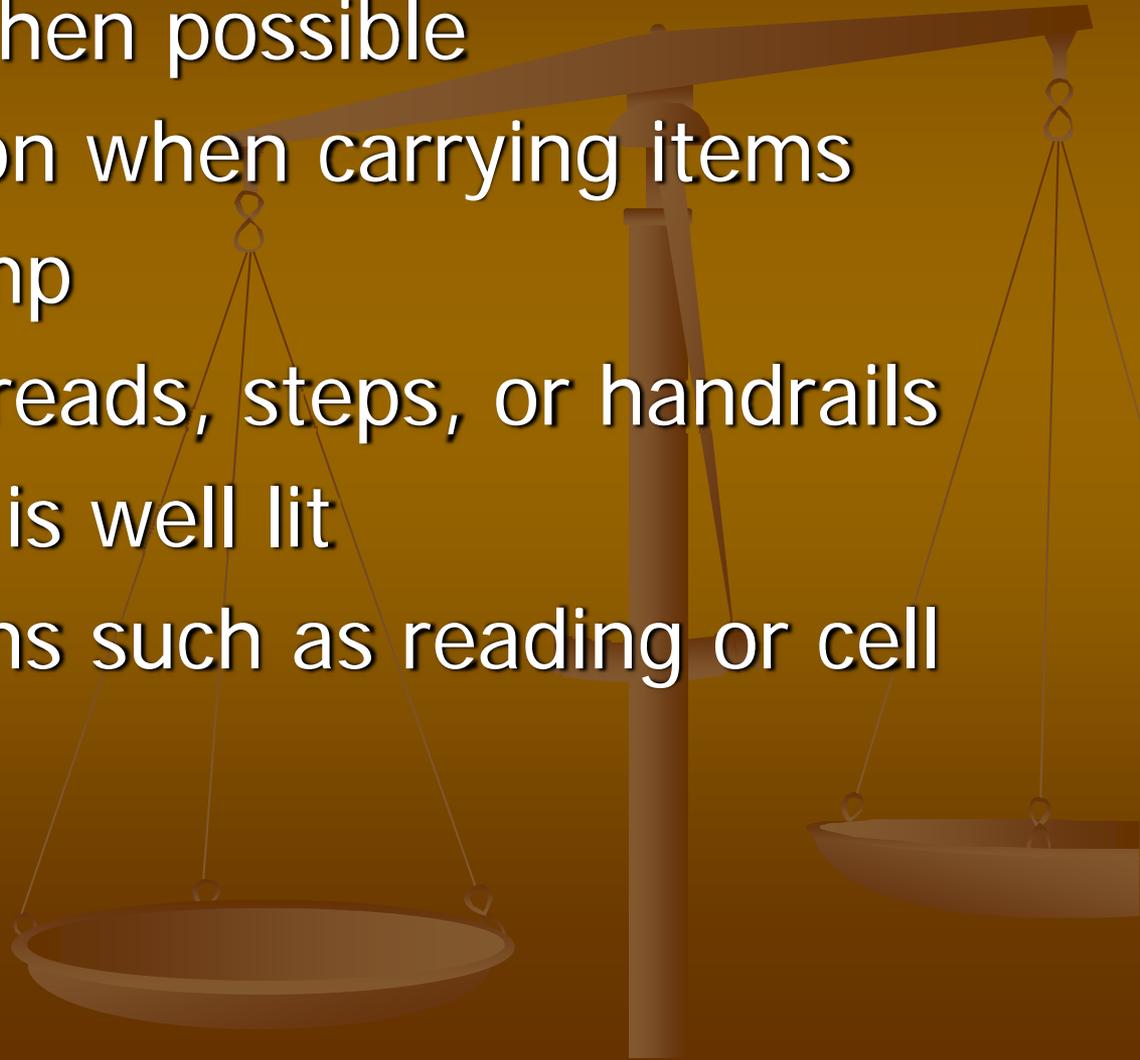
Preventing Trips

- Keep you're eyes on your path
- Carry loads low so that you can see
- Keep work areas well lit
- Keep work areas clean and uncluttered
- Arrange furniture so that it doesn't interfere with walking areas
- Route cords out of walking areas
- Repair loose fittings on stairs or door thresholds
- Repair loose carpet, broken tiles, or concrete
- Paint surface changes a different color

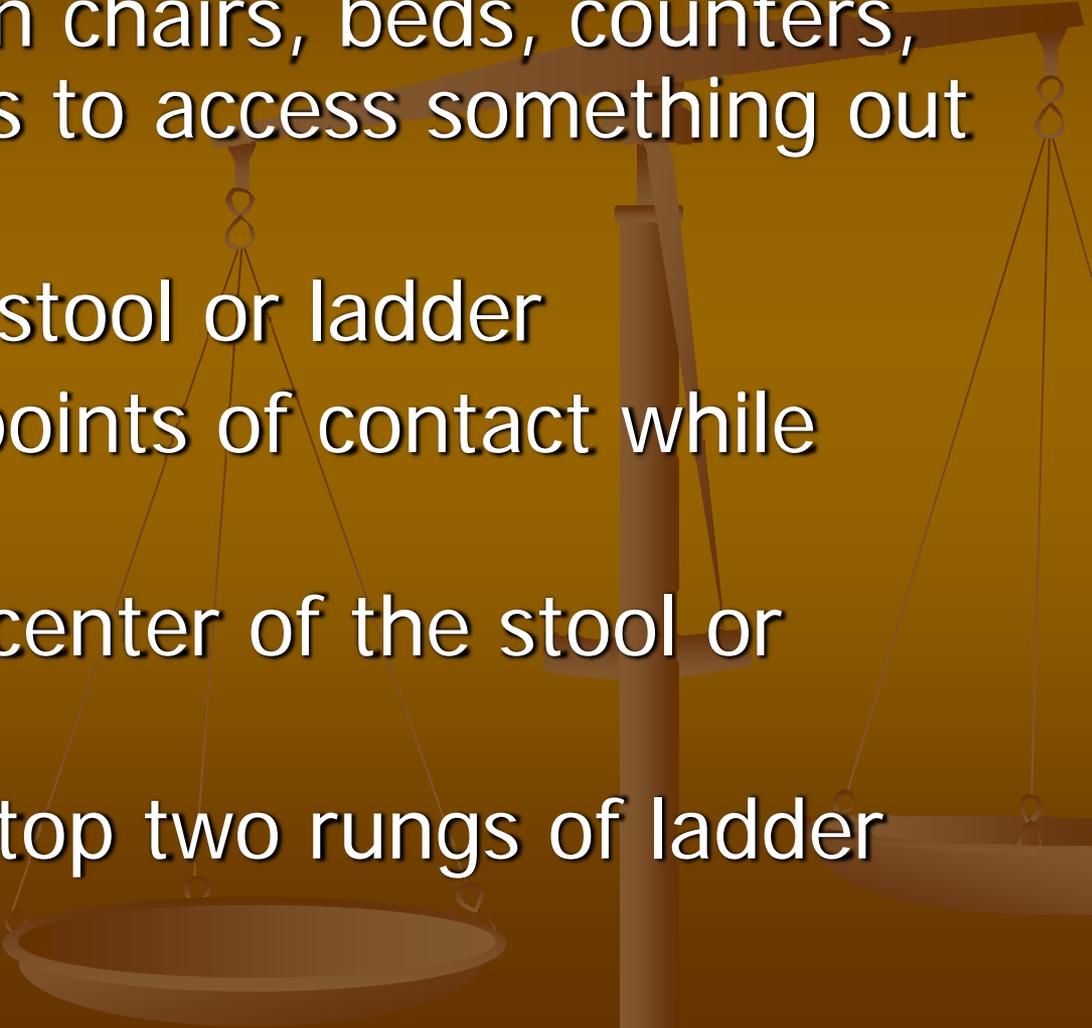


Stairs

- Use handrails when possible
- Use extra caution when carrying items
- Don't run or jump
- Repair broken treads, steps, or handrails
- Make sure area is well lit
- Avoid distractions such as reading or cell phones



Falls from Heights

- Do NOT climb on chairs, beds, counters, couches, shelves to access something out of reach
 - Use a safe step stool or ladder
 - Maintain three points of contact while climbing
 - Stay within the center of the stool or ladder
 - Never stand on top two rungs of ladder
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If you do fall, try to....

- Relax. Bend your arms and legs; avoid stiffening and straightening your limbs;
- Try to sink to the ground rather than topple over like a falling tree. Let your arms and legs give like a spring to absorb the impact of the fall.
- Catch your fall with your hands instead of your back or your head. Hand injuries are usually less severe than head and back injuries
- Try to hit the ground rolling. Move with the direction of your fall to minimize injury.
- If you think you might be injured, avoid movement. Wait for help if you can.

Expect the Unexpected

- Falls happen when we are not expecting them. The more falls you anticipate and guard against, the fewer falls you will have.

